



July 2012

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Highlight report

Senior responsible officer - Lucy Grothier
Director, South London Cardiovascular and Stroke Network

Future of clinical networks

The NHS Commissioning Board has announced the development of four new national strategic clinical networks in its publication The Way Forward—Strategic Clinical Networks, to build on the success of current NHS networks, such as our existing cardiovascular and stroke network, at local and regional level. These networks will “cover conditions or patient groups where improvements can be made through an integrated, whole system approach” including cardiovascular disease (heart, stroke, renal and diabetes); cancer; maternity and children; and mental health, dementia and neurological conditions.

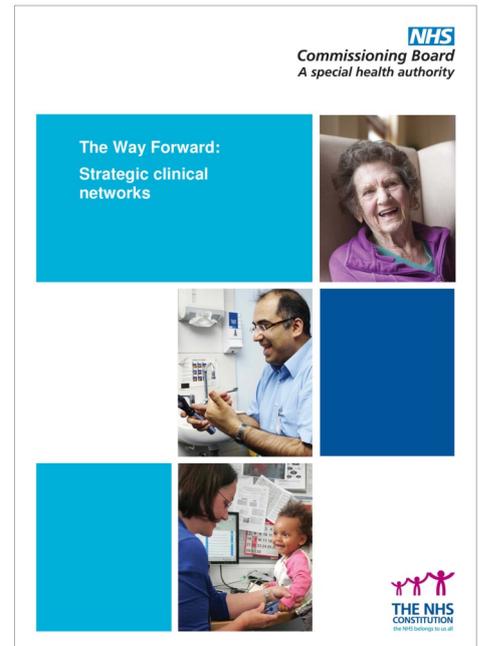
The networks will be centrally-funded and hosted by the new NHS Commissioning Board, for up to five years, and be managed by 12 local support teams. Those running the networks – who are currently mainly employed by primary care trusts – will work for newly created local area teams, which will operate as “hubs” for the NHS Commissioning Board and will “help local commissioners of NHS care to reduce unwarranted variation in services and encourage innovation”.

Sir Bruce Keogh (NHS medical director) said “We are keen to preserve things which we know have worked...networks have been instrumental in helping to improve care.”

Network team dance in Olympic ceremony

Three members of the Network team, Alison Basa, Gill Cluckie and Helen O’ Kelly, were proud to be given the chance to dance as NHS nurses in the London Olympic opening ceremony, directed by Danny Boyle. Helen tells her story in The Guardian “As soon as I heard that NHS staff

would have the chance to be in the opening ceremony, I knew I would audition...the idea of representing an organisation I am so proud to work for intrigued me.” [Read The Guardian.](#)



Highlight report

Prevention and NHS Health Check

NHS Health Check quick guide for local authorities

NHS London has produced a briefing for local authority staff, and elected members, about the NHS Health Check programme. [Read briefing here.](#)

Better management needed for atrial fibrillation

The Stroke in Atrial Fibrillation Expert (SAFE) report — by independent UK experts Atrial Fibrillation Association, leading cardiologists, GPs and patient associations — warns that UK GPs often prescribe aspirin for stroke prevention in patients with atrial fibrillation, including people eligible for anti-coagulation, despite clinical evidence demonstrating that stroke protection provided by anticoagulant therapies is far superior. [Read report here.](#)

Healthy diet and exercise reduces risk of type 2

Simple lifestyle changes, such as increasing physical activity or eating more healthily, can prevent or delay type 2 diabetes, says NICE in its publication 'Preventing type 2 diabetes: risk identification and interventions for individuals at high risk'. Nearly 3 million people have diabetes in the UK. The latest guidance recommends testing for either fasting blood glucose levels or HbA1c levels. [Read guidance here.](#)

Public health briefings

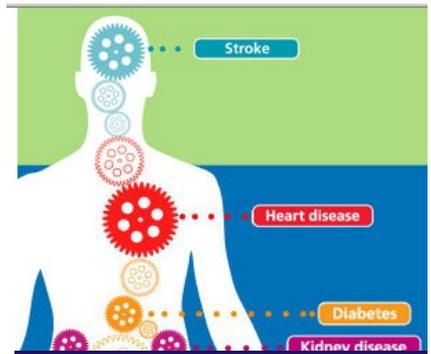
Tobacco, physical activity and workplace health are the topics covered in the first set of NICE local government public health briefings. The briefings offer advice on which public health actions are most effective in improving health and providing value for money. [Read briefing here.](#)

Commissioning primary prevention of cardiovascular disease

NICE has produced the guide 'Services for the prevention of cardiovascular disease'. The guide covers assessing risk, behaviour change and lifestyle interventions, medical interventions and service models for CQUIN and QIPP requirements. For commissioners that contribute to population-wide, community-level and individual approaches. [Read guide here.](#)

Endovascular stent insertion for intracranial atherosclerotic disease

NICE have published guidance on endovascular stent insertion for intracranial atherosclerotic disease (ICAD) which is the narrowing of the arteries inside the head that supplies blood to the brain. ICAD is associated with an increased risk of stroke. During this procedure, a balloon catheter is inserted into an artery in the arm or leg, guided to the affected artery and inflated to open up the narrowing. A small metal stent, is then positioned at the site of the narrowing to maintain improved blood flow. [Read guidance here.](#)



More clinical and prescribing information

[Improvement work stream](#)

[GRASP AF tool](#)

[NOAC treatment](#)

Information requests

Contact info@slcsn.nhs.uk if you cannot find what you are looking for on the [Network website](#)

Quality standards for stable angina

NICE have published quality standards for stable angina which covers diagnosis of stable angina, medical management, revascularisation and re-evaluation of refractory symptoms. [Read here.](#)

NICE guidance and national reports

Prescribing

Novel anticoagulant statement and dabigatran guidance

The Network's [novel anticoagulant](#) position statement and [dabigatran](#) prescribing guidance are available. [Read NOAC page](#)

Guidance for rivaroxaban

A guideline for prescribing rivaroxaban has been developed and circulated for consultation and will be available on the Network website by the end of September 2012. Work is also underway with a 'frequently asked questions', shared-care protocol and bleeding guidance.

Prescribing guidance for ticagrelor

New guidance to assist clinicians with prescribing ticagrelor for acute coronary syndromes is available on the [Network website](#).

Update on new oral anticoagulants

A new update on progress of work on new oral anticoagulants is now available on the Network website. [Read here](#).

Cardiac prescribing forum

The next cardiac prescribing forum is on 26th September at the Network offices. Please contact sara.nelson@slcsn.nhs.uk if you would like to join this group. We welcome clinical commissioning group representation.

Chest pain and revascularisation meeting

The next chest pain and revascularisation meeting will be held on Thursday 13th September at the Network offices with a focus on chest pain and community cardiology. Contact sara.nelson@slcsn.nhs.uk if you would like to join the group.

Developing service specs in Bromley, Bexley and Greenwich

The SLCSN has been working with Bromley, Bexley and Greenwich to support development of service specifications for cardiac rehabilitation and to ensure that it is in line with the [DH commissioning pack](#). Contact alison.basa@slcsn.nhs.uk for more information.

Cardio-vascular

Update: LCVP upgrading inter-hospital transfer system

From the work on the London cardiovascular project (cardiac surgery) and the feedback from inter-hospital transfer users we are aware of the current limitations of the system and the ability to measure the two quality standards. Working together with colleagues in the two other London cardiovascular Networks we are proposing a number of major system changes including:

- Ability to make cross sector referrals
- Pooled lists after 5 days
- Changes around repatriations of patients
- Shared transfer lists

Second consultation in progress. For further information or to feedback your views on the consultation please contact alison.basa@slcsn.nhs.uk

Update: vascular

NHS South West London: a director-led vascular Board will take place in September 2012 to review progress on governance and delivery across the network.

NHS South East London: King's Health Partners vascular services have implemented stage one of the centralisation of inpatient care at the St Thomas' site, which went live as the south east hub for emergency vascular care.

Lewisham arterial vascular inpatients services: approx. 60 cases per year have transferred services to the hub site as of 23 July 2012.

Next pan-London vascular clinical leads meeting is September 2012.

Update: NSTEACS

Teams are working with local providers to sustain and improve data collection and performance delivery for all areas of the project.

New technologies

Update: arrhythmia

Key performance indicators for evaluation of new arrhythmia pathways now in final draft for sign-off by directors August 2012.

New application and assessment process

Final sign-off meeting for new application and assessment process for the introduction of new technologies will take place summer 2012. Date to be advised by London specialist commissioning lead.

Stroke

Update: acute

The stroke units (SUs) at PRUH and QEH passed their A2 and B standards this month. Appendix 1 shows the overall stroke performance update of the SUs and HASUs in south London.

SLHT held an event to celebrate that their HASU has been in operation for 1 year. They invited the Network to attend and Helen O’Kelly, Assistant Director for Stroke, presented on the setting up of the London Stroke Model, how SLHT have fitted into it and the performance and successes of the HASU team at the PRUH.

Stroke team members attended a meeting which discussed the interventional radiology service for stroke patients in London.

Update: rehabilitation

South London rehabilitation meeting was held on 19th July to discuss psychological support. The meeting was well attended with services across south London being well represented. The team presented on the progress they have made to date, and shared their learning with colleagues.

The Network has begun a review of inpatient rehabilitation beds in south west London. Professor Tony Rudd, London clinical lead for stroke, commissioners and a Network representative visited Tolworth Hospital in Kingston.

Update: ASI

Whilst great achievements have been made in acute care and public awareness, further work is still needed, particularly in stroke prevention and long-term care and support. The Accelerating Stroke Improvement (ASI) programme was a national priority which provided funding to projects that addressed these goals during the 2010/2011 year.

These projects have yielded sustainable and meaningful improvements in stroke care across South London, in alignment with the ASI programme.

Following the completion of these projects [one page summaries](#) for each project are available on the [Network’s website](#).

Update: early-supported discharge and community stroke rehabilitation

The Network continues to work with boroughs where early supported discharge services have not been commissioned to make the case for such services.

Kingston commissioners have agreed funding for their ESD service.

Network diary dates

- Physiotherapist peer group meeting 22 August 2012, 0900-1200
- Pharmacy working group meeting 11 September, 1500-1630
- Cardiac prescribing forum 26 September, 1300-1500
- Industry working group meeting 14 November, 1000- 1200
- SLCSN chest pain revascularisation meeting 13 September, 0930-1100
- South east London acute stroke workstream meeting 14 September, 1000-1230
- South west London acute stroke workstream meeting 17 September, 1430-1630

For more information
contact the Network
020 8812 5950
info@slcsn.nhs.uk

Professional development and resources

[The British Hypertension Society Annual Scientific Meeting](#), 10-12 September 2012, Queen's College, Cambridge, on renal denervation, carotid stimulation, cardiovascular risk and imaging, sleep and cardiovascular disease, new research presentations, topical discussion from the Nurses Working Party and debate on "This house believes that diabetologists do not deliver CV risk reduction".

['Management of Hypertension in primary care'](#), 11-14 February 2013, University of Birmingham MSc module, £500, aimed at GP's, practice nurses and other health care professionals working in a related field. To cover: an epidemiological overview, measurement of blood pressure, factors controlling or raising blood pressure, organ damage of hypertension, CVD risk assessment, evidence based treatment, QOF and protocol development and referral pathways.

['Management of Heart Failure in primary care'](#), 26 February-1 March 2013, £500, a 4 day MSc level module aimed at GP's, practice nurses and other health care professionals working in a related field. To cover: anatomy, physiology and function of the heart, echocardiogram, epidemiology and definition of heart failure, investigations, treatment, lifestyle, managing related clinical events, palliative care and the role of the specialist heart failure practitioner.

['Oral anticoagulation management update day'](#), 12 September 2012, University of Birmingham, for GP's, nurses and other health care professionals, aims to provide skills and academic requirements for specialist clinical practice within the community, to include anatomy, physiology and function of the heart, echocardiogram, epidemiology and definition of heart failure, investigations, treatment, lifestyle, managing related clinical events, palliative care and the role of the specialist heart failure practitioner.

['British Society for Heart Failure AGM 'Heart failure, a multi-disciplinary approach'](#), 29-30 November 2012, Queen Elizabeth II Conference Centre, London.

[BACPR Annual Conference](#), 4-5 October 2012, John McIntyre Conference Centre, Edinburgh University 'Setting the Standards: Challenges and Achievements'. Email bacpr@bcs.com

['Clinical assessment for healthcare scientists'](#), University of Swansea, Masters level module, For Cardiac Physiologists who are leading (or aspire to lead) their own diagnostic clinics. Contact Emma Rees, Senior Cardiology Tutor at the College of Human and Health Sciences, e.rees@swansea.ac.uk or +44 (0)1792513429(Cardiology)

[CCO National NHS Conference](#), cardiovascular update 2012, strategies for diagnosis & treatment, 23 November 2012, London. Contact cardiac@talktalk.net or cco@onetel.com

Additional documents

[Key risks/issues and mitigating actions](#) - full risk log and mitigating actions is available on request.

[Commissioning and contract implications](#)

South London Cardiovascular and Stroke Network

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Circulation: NHS South East London and NHS South West London